



Washington Massage News

Affiliated with American Massage & Therapy Association

JANUARY ISSUE

Port Townsend, Washington

John A. Murray, Editor

STATE PRESIDENT'S MESSAGE

I will try to bring you the latest news about our work on the Massage Therapy School.

We had a committee meeting on Schools at Joe Heisler's place with Ed Miller, Jim Wier, Art Dunbar, Joe Heisler and myself attending.

We set up the course at night to start with, three nights a week and three hours a night. We hope to have the School at The Edison Vocational, but we may have to start in a High School in the North and South End. If this works out all right, they will set up a full day time course, so it's up to us to get as many prospective students as possible, at least 16 or 18 to start with.

John Murray spent a great deal of time to procure the information necessary to outline the program for this two year course. The first year, Anatomy, the second year for clinical work, the course to take about 700 to 750 hours.

We feel that a student having finished this course should be qualified to open and maintain a business which would be solvent and which would not have to close for lack of clientele. We would also feel confident to refer clients to them.

We set up a course and the amount of hours for each subject from the original course that John sent us. We all agreed the number of hours on each subject of course should be adequate.

Art Dunbar will take the curriculum we set up for the course to the Board for approval at the Edison Vocational School. There are many more details but they would take up too much space at this time.

We held a joint/dinner with the Washington Massage Operators and I understand from Ed Miller that they had a wonderful time and dinner. Ed also said there were some more Therapists interested in becoming members of our A. M. & T. A.

Our next meeting will be Sunday, January 14th, at 2:00 P.M., tentatively unless I hear otherwise from Ed Miller.

MERRY CHRISTMAS AND A HAPPY NEW YEAR

Arthur D. Mann, R.M.T.
Washington State President

Jurer Is Excused

An 80 year old juror asked the judge to be excused from jury duty. "My wife is about to become pregnant," explained the juror. Up jumped an attorney to say, "I think, your honor, that the juror means that his wife is about to become confined." "The juror is excused," said the Judge, "in either case he ought to be there."

Historical Introduction of Massage Therapy

There have been many ideas expressed, concerning massage as a therapeutic measure.

The statements I make in this little article are taken from facts that I have found, dating from the beginning of time. I hope that these words will find their way into the hands and minds of those who are less informed. I have heard many statements concerning massage that were erroneous, so I hope this message will help someone to understand better the history of massage.

Massage or manual treatment for certain conditions has existed since the beginning of the human race. Man by instinct acquired the art of manipulation long before nature yielded her secrets in medicine.

Hippocrates, a Greek physician, was the first to study the results of massage. His theories were crude but his efforts stimulated others to try.

Dr. Peter H. Ling, a Swede, established the first scientific system from which Scientific Swedish Massage became known and is practiced today.

Dr. Metzger of Wiesbaden, Germany, founded German Massage which is a modification of the Swedish system with various types of hydrotherapy being added.

The French system in no way resembles the Swedish massage, being a delicate manipulation chiefly used in beauty culture and has no special therapeutic value.

The Japanese massage has no relation to the Swedish system, being a series of patting, grasping and lifting the flesh in rapid succession. It is quite stimulating to the surface tissue.

The Chinese use a similar method. The Russians have a nerve pressure technique, which is not widely known in our country but is referred to as Russian pressure massage. The Javanese use a similar method to the Russian type.

Then we have another type. I have been unable to learn its origin, which is a close relation of reflexology and is applied to the patient without the patient disturbing.

Some have stated that all massage is Swedish, which we can see is not true, as our first system was Greek, after that the various nationalities created their own system of techniques. The Swede, Dr. Peter Ling, was the first to develop massage scientifically, as his system has been practiced by, I believe, the majority of therapists. It is widely known, and more and more improved techniques are being developed each year.

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There are five basic movements to scientific massage, the experienced massage Therapists can go from one movement to another and back again smoothly and without hesitation or interference in tempo and rhythm, that means so much in relaxing the patient.

These five basic manipulations are based upon correct scientific principles to bring the greatest benefit to the patient. Great care should be taken to learn the correct method of manipulation which takes many hours of careful supervision and practice.

Sincerely,

Blessem Guntley, R. M. T.

EFFLEURAGE
COMPRESSION
PETRissage
FRICTION
VIBRATION
TAPOTEMENT
JOINT MOVEMENTS
NERVE STROKES

You're getting along in years, when it takes you twice as long to rest and half as long to get tired.

Our State Secretary & Treasurer, Don Mumford, sent the minutes of the September meeting of Seattle Chapter, which were mailed to him by Seattle Secretary, Regina Williams. Some things he felt could be mentioned again in the Washington Massage News in more detail.

Ed

Review of a portion of minutes of September 17th meeting:

During the National Convention of A. M. T. A. in Omaha, the National Association made an important amendment to the constitution and by-laws, making it possible to accept any prospective member, who has had two years back ground experience or one who has a diploma from an accredited School of Massage, but is only practicing part time, is acceptable. Before this change, only those graduating from an accredited school and practicing full time were acceptable.

The members present were informed that Seattle, Tacoma, Spokane, and Renton were the only Washington cities having an ordinance requiring a city massage therapy license, to practice.

Reservations had been made by Seattle Chapter with a Tacoma hotel, which was nearest available location to Century 21 Exposition, in anticipation of having the 1962 National Convention there. Should the delegation wish to attend both functions. However, the next National Convention will be in Boston in 1962. Reservations were cancelled.

A modern apartment building is one in which both the landlord and the tenant are trying to raise the rent.

Dear John:

Pleased to get the last issue of the Washington Chapter News. I am glad to find that you found use for the letter I wrote. Outside of a little writing now and then it is likely that my activity with the association will be more or less limited according to how Mrs. Piper improves and also how my work at the Y.M.C.A. builds up.

One thing certain is that my position with the Y. does provide a marvelous opportunity to put our cause before the peoples who are in a position to be sympathetic to our needs and appreciative of our abilities to serve our fellowmen. Just this association has had quite a psychological effect upon some individuals, The Heaven knows why, one should require such a position to attract attention. Psychology plays such a great part in our lives today that it is almost pathetic.

Our Psychologized World.

Little more than fifty years ago Psychology was a highly formalized, pedantic branch of Philosophy. Today the word Psychology comes with remarkable ease to the tongues of men and women everywhere. We hear of "fixations", "repressions", "compulsions" "wish fulfillments" along with discussions of profound Psychological problems done with almost the commonest hand wave.

Unfortunately however, even in this day there are countless numbers who talk psychology, who have yet to make their first attempt to use psychology.

In our mad scramble for learning new terms, nomenclatures, Freudian analysis and so forth, the truth seems ever elusive to the extent that the whole body of modern Psychology has yet to match the stainless mental truth which was uttered countless hundreds of years ago. "As a man thinketh so he is."

If we but remember this truth and act upon it, not one iota of the modern psychological knowledge will as readily take us to the pinnacle of human attainment.

"As a man thinketh so he is" is a declaration so direct and terse in truth, that the very simplicity veils a miraculous and incredible power. In one instant these great words, properly understood can change the course of your whole life.

Along with this proper thinking there is a great need today for mental cleanliness.

In our country today there is actually more mental illness than there is physical disability. By the time new institutions are completed for mental sickness, there is already demand for more space than there is provided in the new structure.

The frequency, and amount of mental illness is so great and the increase so rapid that some statisticians take the pessimistic outlook that if the present rate of mental illness continues, the percentage of mentally ill outside of our institutions will be greater than those confined.

Various degrees of neurotic symptoms afflict men and women in business and professional life who are unable to take expensive individual treatment. For these and others the following rules which are simpler, quicker and much more inexpensive than the sometimes wanted treatment:

1. Avoid talking about yourself and thinking about yourself.
2. Indulge in daydreaming only if the self centered dreams contain a purposeful idea that can be realized.

3. Though you cannot always govern your emotional tides directly, you can regulate your muscular actions. - - - Relax.
4. Do not isolate yourself and your life from others. Contact with fellow humans help bring about the balance of neurotic temperament.
5. Practice doing something in which nerves, muscles and intellect are used at the same time.

When I started this note there was not any intention on my part to ramble on as I have done. I was merely going to say hello and thanks for the copy of the Massage News which you so diligently work upon and turn out for the rest of us to enjoy. John I only wish more in our organization cared enough about the Chapter to put forth a little effort to make us as active and progressive group as we have the potential to be. For the past few years to my knowledge it seems that always the same few contribute to the paper and who attend the meetings. What is the matter with the rest of us? Are we members or are we parasites of the organization just hanging on to enjoy the fruits of the efforts of the old faithfuls? I know these may seem strong words but the apathy of the many massage therapists of this state who want to enjoy a profitable practice and social standing without contribution to the organization is tragic.

Just think, if each of us would put forth just enough energy and become extrovert in our attitude what a Chapter we could have. No one is asked to do any more than a fair share. You may not feel that you have anything to contribute ---- Well you have-- Yourself. Give of yourself and all else will fall in line and seen that which at first seems an effort soon becomes a pleasure and a compulsion for the more we give the more we have to give.

It is my sincere hope that more of the Massage Therapists of this state will see the need for our becoming an active chapter in order to protect ourselves and preserve our right to serve our fellowman.

I must close now but I do so expressing my appreciation for your efforts and faithful editing of our paper.

Sincerely yours,

Stewart T. Piper, R.M.T.

A good leader hammers home his message constantly - like the old colored preacher who thus described his art of sermonizing: "I gets up and tells 'em what I'm a-gein to tell 'em; an' then I tells 'em, and then I tells 'em what I's done telli 'em!"

OUR PLACE IN THE SUN

Politicians always "point with pride and view with alarm", as one commentator stated. Yes, they point with pride to their own record of accomplishment and they view the policies and motives of their opponents with alarm.

Massage Therapists can also point with pride to the science of Swedish Massage or Massage Therapy, and to their individual records of accomplishment in the treatment of distress and disability. There are many things, however, that must surely cause us to "view with alarm."

There is smug complacency by a great number of Therapists who are not members of A.M.T.A. and who do not appreciate its importance. There is steady encroachment upon our domain by other professional groups. There is a constant concerted pressure to reduce Massage Therapy to a bathhouse rubdown. There is great pressure in many areas to make Massage Therapy subservient to the medical profession. There is pitiful timidity by many Therapists in defending their own position and their work. There is infiltration by untrained people and consequent lowering of professional standards and ethics.

In order to understand our position as Massage Therapists and the place occupied by Swedish Massage as a Therapy, it is necessary to reach back into the past, very briefly, to find its origins and its promoters. The College of Swedish Massage states as follows:

"The first attempt to study the wonderful results obtained by massage was made by the famous Greek physician, Hippocrates (the father of modern medicine), who pointed out its use in sprains, constipation, etc. However crude his theories were, his efforts nevertheless stimulated other physicians to study on the subject.

"It is enough to say that the history of massage has run parallel with the advance of man from time immemorial to the present day; that in the records of therapeutics, as far back as this science is known, we always find a page recording the wonderful curative properties of manual treatments of massage.

"The Swede, Peter Henrik Ling (1776 to 1839), and those before him, established the first scientific system, adopting the new curative science of massage.

"Today, thanks to such men as Dr. Metzger of Wiesbaden, Wier-Mitchell of Philadelphia, and others, the science of massage rests upon a solid, well-established and recognized foundation. The science has grown more exact, and its range of application has broadened." End of quotes. I continue.

It is apparent that the science of medicine and its companion science of Massage Therapy began their scientific development in the same period of time, and that both were used, promoted and advanced by the same Hippocrates and his fellow physicians. It is true that both sciences have, at various times and in certain places, fallen into disrepute thru misuse and/or abuse. It does not detract from the value and importance of either science that some unscrupulous men have practiced abortion under the label of Doctor, or that some prostitutes have practiced their trade under the label of masseuse.

Medicine and Massage have, since Hippocrates, steadily broadened their range of application and improved their methods. Medical practice today means a great deal more than prescribing a purgative or an emetic, or applying leeches to the body as the ancient physicians did. Surgery is no longer performed by barbers. Massage Therapy, in all its ramifications, means a great deal more than a bath and a rubdown. Perhaps it is due to this expansion that specialists have appeared on the scene. This may be desirable. It is deplorable, however, that branches of the original science have split off and are laying claim to certain parts of the science as their sole and exclusive property, to the exclusion of those who practice the original science.

In the field of medicine there are Allepaths, Eclectics, Homeopaths, Naturepaths, Osteopaths, etc. Some of these have also raided the field of Massage. For in-

stance, Naturepaths, at least some of them, claim exclusive right to hydro-therapy in general and colonics in particular. These have always been taught by schools of massage and are taught by Massage Therapists.

Naturepathy, as defined by Congress on February 7, 1951, also embraces Mechanotherapy, articular manipulation, corrective orthopedic gymnastics, etc. These, too, are parts of Swedish Massage. Mechanotherapy employs massage of soft tissues, using the standard massage movements. The others are the Swedish movements, incorporated into Swedish Massage by Peter Ling. They are also referred to as "joint movements", "medical gymnastics", and "remedial exercises."

In the field of manual treatment, several branches have split off from the original science of Peter Ling. These include the Kinesitherapy incorporated into Physiotherapy; Osteopathy, Naturepathy, Myopractic, Naprapathy and a variety of Chiropractic, as well as Mechanotherapy.

Massage Therapists believe in, and practice, free competition, but it must be fair to all. We do not, at this late date, demand exclusive possession of any method of treatment, but we resent being denied the use of our own methods and whatever additional movements we may discover in the future. We deplore the incessant warfare that has been carried on thruout the broad and comprehensive field of healing, by medical or by manual means as the occasion demands. The victims and casualties in this warfare are the ill and the crippled. We know our abilities and our limitations, and we govern ourselves accordingly. Let others do likewise and the public will be secure.

In order to definitely establish our right to use our own methods, let us place Swedish Massage, and the other manual therapy groups, in time and history. When we do so, we find that we have a prior claim and can meet every challenge.

Swedish Massage, or Massage Therapy as we now call it, became a separate science under Peter Henrik Ling in the early part of the nineteenth century or about 1813 A.D.

Physical Therapy was born during the Spanish-American war thru the efforts of Dr. I. Perlgren.

Dr. Benedict Lust opened the American School of Naturepathy at the closing of the last century, or about 1900.

The first college of Osteopathy was opened by Dr. Andrew Taylor Still in 1892. Dr. Still was the first Osteopath.

Dr. Herbert M. Shelton states that Mechanotherapy came into existence about fifty one years ago or about 1910. I quote from his statements in the book, Healing Hands: "Massage and Kinesitherapy preceded Osteopathy; the Swedish movements, which preceded Mechanotherapy and out of which both Mechanotherapy and Osteopathy grew, should have been at least given honorable mention."

I believe we Massage Therapists can heartily agree with Dr. Shelton. If all these who give manual treatments - except the Palmer type of Chiropractor - would admit they use the Swedish movements, or variations thereof, they would not be quite so hasty in accusing us. Who, my friend, has prior claim?

Chiropractic was discovered in 1895 by Daniel David Palmer. He started his first class in 1900 with three students. His son, B. J. Palmer, developed the Palmer School in 1903. The Palmer type of treatment is well known. I have never known any Massage Therapist to use it.

As far as I know, our only difficulty with other groups has come from our use

of colonic irrigations and from having had some complaint from chiropractors who do not understand our rightful position in the scheme of things. Some chiropractic schools have in recent years taught and employed certain movements which are apparently variations of the Swedish movements. Specifically, they employ what they call the "side specific" movement to "pop" the lower spine. Many Massage Therapists use a similar Swedish movement, but for the purpose of relieving tenseness, and consequent soreness and pain in the back muscles and ligaments. They also use it to promote freer mobility in a stiff back. This is, of course, supplemented with some form of heat and massage. We are certainly not concerned with the chiropractic "luxations" or "subluxations" -- whatever they are.

When Massage Therapists are accused of practicing chiropractics in employing this movement, they rightfully say "not guilty." The "side specific" or "lumbar roll" movement is certainly not a chiropractic monopoly. The Osteopaths were apparently the first to borrow and adapt it in 1892 and by chiropractic schools a great deal later. The "side specific" is used by Osteopaths, Chiropractors, Myopractors and perhaps others, as well as by Massage Therapists in a slightly different manner.

Our right to the use of this movement and the use of colonics was established in a meeting attended by W.M.T.A. members and Dept. of Licenses officials in Seattle in April, 1960. The credit for our success must go to Art Dunbar and his Legislative Committee, and to the fine cooperation of Tom Carter and Sig Noren of the License Department. We have had no trouble since.

Let us hope that colonics and Swedish Movements will one day be written into a good Massage Therapy licensing law in our State of Washington. Non-members please join the W. M. T. A.!!

Pete I. Eitrim, R.M.T.

Reference material: College of Swedish Massage course of study, Healing Hands by Dr. I. Perle, Walter G. Bazan, D.C., Massage Magazine.

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